

Abstract of the Disclosure

A sports training device includes a body having at least one hitting surface sized and shaped so as to receive a punch or kick delivered by a user. A sound generator is carried 5 by the body for generating an audible sound and includes a switch carried by the body for causing the generator to generate the sound in response to an impact created by the punch or kick. The switch is movable between first and second conditions such that the generator generates the sound when the switch is in the 10 first condition and the generator does not generate the sound when the switch is in the second condition. The switch moves from the second condition to the first condition in response to the impact. The switch also has an impact threshold for moving the switch from the second condition to the first condition. 15 The switch includes an adjustment device for adjusting the threshold of the switch, whereby the switch can be set at a desired sensitivity for causing the generator to generate the sound.